

Nutrition Programs

Annotated Index



5 a Day-Power Play

The *Children's 5 a Day-Power Play! Campaign* is a state-wide initiative to encourage 9, 10 and 11 year old children and their families to eat 5 or more servings of fruits and vegetables and be physically active for 60 minutes each day as a way to help combat childhood overweight and reduce chronic disease. The campaign provides free nutrition education materials and training to eligible teachers and youth leaders throughout San Bernardino and Riverside Counties. The bilingual (English/Spanish) school and youth leader materials include activities for students, as well as child-friendly cookbooks for each participant and colorful brochures with tips for parents.



Latino 5 a Day

The *California Latino 5 a Day Campaign* uses a combination of culturally and linguistically appropriate mass media and community-based approaches to encourage low-income Latino adults and their families to consume 5 to 9 servings of fruits and vegetables and engage in at least 30 minutes of physical activity every day. The 5 A Day and physical activity behavioral objectives are designed to reduce the risk of diet-related chronic diseases, especially cancer, heart disease, and obesity.



Better for You Restaurant Program

The Better For You! (BFY) Restaurant Program recruits small, ethnic neighborhood restaurants to promote menu items that are lower in fat, cholesterol, and sodium in San Bernardino County, California to decrease the risks for obesity and chronic diseases. The Program aims to increase the number of healthy menu selections (identified by the BFY!♥ logo) in restaurants that are located in low-income neighborhoods. The Better For You! Restaurant Program provides qualified restaurants with menu makeovers that include nutrition analysis among other helpful resources at no cost.



Child Health & Disability Prevention (CHDP) Program

CHDP provides free preventive health examinations to children throughout San Bernardino County: screening for vision, dental and hearing, nutrition assessments, tests for diabetes and anemia. The CHDP Program is a gateway for children under 19 years of age to become enrolled in Medi-Cal and Healthy Families. The CHDP Gateway Program automatically enrolls eligible children into no cost, fee-for-service Medi-cal for the remainder of the month of the CHDP exam, and the following month. Children that are not eligible for Medi-Cal or Healthy Families can still receive CHDP services.



FAME Program

FAME Program brings good nutrition, dance, music, art, and history to African American children and their families, although it is open to youth from all ethnicities and backgrounds. FAME provides opportunities to participate in performance art and to engage in healthful eating and physical activity through two program elements: 1) culturally appropriate nutrition education and 2) the promotion of ethnic dance for physical activity. FAME Program aims to prevent childhood obesity in low income African Americans in the county of San Bernardino by promoting fruits and vegetables and physical activity messages.



Food Security Program

The Anti Hunger/ Food Security Program provides a telephone hotline to help hungry adults and families find available food and other assistance.



HIV/AIDS Program

The AIDS Program offers medical and other types of assistance to HIV infected residents.



Childhood Lead Prevention (CLPP) Program

Childhood Lead Poisoning Prevention Program helps families identify and care for lead burdened children and in the prevention of environmental exposures to lead.



Maternal Health Program

Maternal Health Program provides a variety of medical services to eligible women from conception to two months postpartum. The Program also assists low-income women seeking birth control.



Nutrition Fraud Awareness Program

The Nutrition Fraud Awareness Program (NFAP) strives to increase awareness of nutrition fraud and protect consumers by providing reliable nutrition information about remedies promoted for weight loss, to counter aging, enhance athletic performance, and many other health conditions. Nutrition products and services promoted in health food stores, television infomercials, or on the Internet are not proven safe or effective before reaching consumers. These products are often scams, and can cause serious health problems. A Public Health Nutritionist is available to answer questions and provide credible literature to consumers.



Nutrition Network Program

The California Nutrition Network for Healthy, Active Families is a public health initiative led by the California Department of Health Services and administered by the Public Health Institute in cooperation with the National 5 A Day Program of the National Cancer Institute. For more information, please visit www.ca5aday.com.



Project LEAN Program

The vision of Project LEAN, Leaders Encouraging Activity and Nutrition, is that Californians are physically active, eating healthy foods and living in communities that support healthy lifestyles. Project LEAN programs include the School Board Nutrition Policy Project, Food on the Run, and the California Bone Health Campaign. Each program targets specific audiences, such as school board members, teenagers, Latino mothers and community members in order to build partnerships and support action that promotes healthy eating and physical activity. Project LEAN programs provide a variety of resources, such as brochures, kits, lesson plans and websites that are designed for the specific needs of students, teachers, and parents.



Senior Nutrition Program

Senior Nutrition Program provides nutritious meals to seniors in a group setting or at home. The program also guides seniors to other services that are available to them.



Women, Infants, and Children (WIC)

Women, Infants, and Children (WIC) Supplemental Food Program is a nutrition education and food supplement program that serves lower income pregnant, breastfeeding and postpartum women, infants and children up to the age of five throughout San Bernardino County. The primary goal of the WIC Program is to improve the health and nutritional status of its participants during critical periods of growth and development. In addition to vouchers for nutritious foods and nutrition education, WIC provides numerous referrals to health care providers and a variety of social services.